



# SPRING VALLEY

## ACTIVITY & PROGRAM GUIDE

SUMMER 2016





SWEETWATER LANE  
SPORTS PARK

S

Sweetwater Ln.

Jamacha Rd.

SPRING VALLEY GYM  
AND TEEN CENTER

T

L

COUNTY LIBRARY

Kempton St.

Jamacha Blvd.

SPRING VALLEY  
COUNTY PARK

C

SPRING VALLEY COM-  
MUNITY CENTER



Sweetwater Rd.

## Legend



Local Park



Community Center



Teen Center



Library



Sports Park

### ON THE COVER:

The cover photo was taken at our 2015 Turkey Bowl – a day full of games, activities, inflatables and turkey giveaways enjoyed by all ages.

# Supervisor's Message

Spring Valley Recreation welcomes you to summer with a diverse range of programs and activities to keep you healthy and active all season long. We are pleased to continue our Movies in the Park program and summer day camps. We are excited to have many new programs including boot camps, wilderness experiences and adult enrichment. We strive to serve the community with the best in customer service, providing you with a positive experience at every visit. The Department of Parks and Recreation has been busy this year working to improve the park in many ways. Come down and see for yourself what's new. We welcome the visit and look forward to meeting you.

**Carl McCullough**, Recreation Supervisor  
*Spring Valley Teen Center and Gym*



**LIVE WELL**  
SAN DIEGO

Live Well San Diego is the County of San Diego's vision for a region that is building better health, living safely and thriving. Live Well activities promote health, safety and well-being for all County residents and the Department of Parks and Recreation supports this vision through hundreds of educational offerings, every year.



## Spring Valley Community Center

8735 Jamacha Blvd., Spring Valley, CA 91977  
(619) 479-1832

### Hours of Operation

Mondays: 9 a.m. – 4 p.m.  
Tuesdays – Thursdays: 10 a.m. – 8 p.m.  
Fridays: 9 a.m. – 5 p.m.  
Closed: Saturdays & Sundays

### Holiday Closures

Independence Day, July 4

## Spring Valley Gymnasium

838 Kempton Street, Spring Valley, CA 91977  
(619) 667-6833

### Hours of Operation

The office is open 10 a.m. – 6 p.m. while the facility operating hours are from 3:30 – 8 p.m.

### Holiday Closures

Independence Day, July 4

## Spring Valley Teen Center

838 Kempton Street  
Spring Valley, CA 91977  
(619) 667-6833

### Hours of Operation

Monday – Friday 2:30 p.m. – 6:30 p.m.

## Table of Contents

2	Community Center Information
4	Announcements & Events
5	Senior Programs
6	Youth
10	Teens/REC Club
11	Adults
12	Special Interest
13	Spring Valley Community Center Rentals
14	Spring Valley Gymnasium Rental
15	Spring Valley Area Parks



# Announcements & Events

## Summer Day Camp

Summer Day Camp is a wonderful way for your child to spend an action-packed and fun-filled summer! Kids can participate in active weeks full of field trips, sports, arts and crafts, wacky games, special events and much more. Activities are planned by Community Center staff. Breakfast, lunch and snacks are included - along with all supplies. Please bring water bottle, sunscreen and wear closed-toed shoes. For more information, call (619) 479-1832.

- Date:** June 20 – Aug. 12  
**Location:** Spring Valley Community Center  
**Fee:** \$100/week  
 \* Payment due on Friday for the following week  
 \* Refunds or credits may be granted if camp is changed or cancelled (no refunds granted after Day 1)
- Ages:** 5 – 9 years  
 10 – 12 years



Bring your lawn chairs, sweaters and blankets for fun night under the stars with the whole family! Pack some snacks and join us for a nighttime show along with activities, games and healthy giveaways.

### The Good Dinosaur

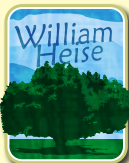
- Date:** June 24  
**Location:** Spring Valley Park  
**Time:** Sunset  
**Fee:** Free

### Star Wars: The Force Awakens

- Date:** July 15  
**Location:** Spring Valley Park  
**Time:** Sunset  
**Fee:** Free



# County Parks Discounts for Seniors



*Discounts are available at the above camping parks*

To apply, stop by any camping park, or visit the main office. Be prepared to show your CA Driver's license or DMV proof of residence.

Renewals can be processed over the phone, at **858-565-3600** or via email at [askparks.luc@sdcounty.ca.gov](mailto:askparks.luc@sdcounty.ca.gov).

NOTE: Discount cards are good for one year from the date of purchase, and apply to only one camping unit or site per evening. Cards are not transferable.

Seniors, aged 62 and older, who are residents of San Diego County, are eligible for a Senior Discount Card. This card entitles holders to reduced camping and day-use rates at County of San Diego Department of Parks and Recreation facilities.

**Each card costs \$15.**

Cardholders receive the following benefits:

- **\$4 off weekday camping in full hook-up RV sites**  
Valid Sunday through Thursday, except evenings before holidays
- **\$3 off weekday camping in partial and tent/non-hookup sites**  
Valid Sunday through Thursday except evenings before holidays
- **\$1 off per night Friday, Saturday and evenings before holidays**
- **Waived \$5 reservation fee**

**San Diego County Parks**  
**5500 Overland Ave.**  
**Suite 410**  
**San Diego, CA 92123**  
**858-565-3600 • [sdparks.org](http://sdparks.org)**



## Senior Programs

### Senior Catered Lunches

Meet new friends and enjoy balanced meals! The Spring Valley Community Center serves hot, nutritious lunches to older adults and seniors (50+) on weekdays. Reservations must be made by 12 p.m. at least 7 days in advance. For information or to make a reservation, call (619) 337-1425.

**Date:** Jan. 1 – Dec. 31  
**Time:** Monday – Friday, 10 – 12:30 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$3.50  
**Ages:** 50 and older

### Senior Bingo

Have some fun and enjoy a game of bingo with friends! This game is available to all seniors and/or retired citizens.

**Date:** Jan. 1 – Dec. 31  
**Time:** Mondays & Thursdays, 10:30 – 11:15 a.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$0.25/bingo card  
**Ages:** 50 and older

### Senior Legal Assistance

Get help answering all of your legal questions! This free service is offered the second Monday of every month, by appointment only. Call to book your appointment at (619) 447-7921.

**Date:** Jan. 1 – Dec. 31  
**Time:** Second Monday each month  
**Location:** Spring Valley Community Center  
**Fee:** Free  
**Ages:** 60 and older



# Youth Programs

## Hip Hop Dance (Level 1 & 2)

Hip hop dance can be found under many names; Break Dance, Street Dance, Urban Dance, Locking, Popping, and smooth Hip Hop. This class is an upbeat, high-energy, rhythmic form of dance focusing on body isolations, popping, waving and creative movement.

**Date:** June 22 – Aug. 10  
**Time:** Wednesdays, 6 – 7 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$70  
**Ages:** 6 – 18 years

## Jazz/Hip Hop - Dance Explorations!

Enjoy positive music and inspiring moves! Students will perfect what they already know learning strong moves, leaps, turns falls, combinations and choreography. Performance opportunities are available.

**Date:** July 5 – Aug. 30  
 Sept. 6 – Oct. 25  
**Time:** Tuesdays, 6:20 – 7:05 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$70  
**Ages:** 5 and older



## Ballet Folklorico Beginning

Ballet Folklorico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months.

**Date:** July 7 – Aug. 25  
**Time:** Thursdays, 5:30 – 6:15 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$69  
**Ages:** 3 and older

## Ballet Folklorico Intermediate/Advanced

Ballet Folklorico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months. This class will have the opportunity to perform 16 additional dances!

**Date:** July 7 – Aug. 25  
**Time:** Thursdays, 6:15 – 7 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$69  
**Ages:** 5 and older

## Gymnastics Level 1

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

**Date:** June 20 – Aug. 8  
**Time:** Mondays, 2 – 3 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$70  
**Ages:** 3 – 6 years





## Gymnastics Level 2

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

**Date:** June 20 – Aug. 8  
**Time:** Mondays, 3 – 4 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$70  
**Ages:** 3 – 6 years

## Horse Fun for Preschoolers

Join your preschooler in this special class! Children will get to meet and interact with real ponies and horses and learn skills like grooming, saddling, and basic riding. Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center.

**Date:** Session 1: June 20 – July 11  
**Time:** Mondays, 10 – 11 a.m.

**Date:** Session 2: July 18 – Aug. 8  
**Time:** Mondays, 10 – 11 a.m.

**Location:** Hidden Haven Farms  
 18540 West Boundary Truck Trail  
 Jamul, CA 91935

**Fee:** \$70/session  
 \$15/Materials  
 (per participant; pay instructor)

**Ages:** 3 – 6 years

## Horse Fun for Kids

Get your chaps on! Pull on your cowboy boots! We are ready to teach you how to have Fun With Horses! Learn how to groom, saddle and get basic instruction on riding! Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center.

**Date:** Session 1: June 20 – July 11  
**Time:** Mondays, 9 – 10 a.m.

**Date:** Session 2: July 18 – Aug. 8  
**Time:** Mondays, 9 – 10 a.m.

**Location:** Hidden Haven Farms  
 18540 West Boundary Truck Trail  
 Jamul, CA 91935

**Fee:** \$70/session  
 \$15/Materials  
 (per participant; pay instructor)

**Ages:** 7 – 12 years

## Fun On the Farm (Parent Participation)

Come on down to the farm! Sing songs with puppets and a crazy farm dog! Make a fun farm craft! Interact with a different farm animal every week; students will get to milk a goat, collect eggs from the hen house, slop the hogs - even watch an emu take a shower. Pony rides are included every week. Register at Spring Valley Community Center.

**Date:** Session 1: June 20 – July 11  
**Time:** Mondays, 11 a.m. – 12 p.m.  
**Ages:** 3 – 6 years

**Date:** Session 2: July 18 – Aug. 8  
**Time:** Mondays, 11 a.m. – 12 p.m.  
**Ages:** 3 – 6 years

**Location:** Hidden Haven Farms  
 18540 West Boundary Truck Trail  
 Jamul, CA 91935

**Fee:** \$70/session  
 \$15/Materials  
 (per participant; pay instructor)

## Buckaroo Time for Young Farmers

This is a two-day class that introduces city kids to life on the farm! Kids will interact with farm animals, with activities like riding horses, slopping the hogs, collecting eggs from the hen house and brushing a donkey. They'll also get to make a fun craft that they can take home. Kids in this class need to bring their own lunch and water! Register at Spring Valley Community Center.

**Date:** Session 1: June 21 – 22  
 Session 2: June 28 – 29  
 Session 3: July 12 – 13  
 Session 4: July 19 – 20  
 Session 5: July 26 – 27

**Time:** Tuesdays & Wednesdays: 9 a.m. – 2 p.m.

**Location:** Hidden Haven Farms  
 18540 West Boundary Truck Trail  
 Jamul, CA 91935

**Fee:** \$80/session  
 \$20/Materials  
 (per participant; pay instructor)

**Ages:** 5 – 12 years





## Open Play

Open gym is designed to provide all Spring Valley residents with opportunities to play games after school or work. Please wear appropriate athletic shoes and clothing. A photo ID is required to check out a basketball.

**Date:** June 20 – Aug. 5  
**Time:** Saturdays, 2 – 5 p.m.  
**Location:** Spring Valley Gym  
**Fee:** \$1/day  
 \$5/month  
 \$20/year (18 and older)  
 17 and younger play free  
**Ages:** All (kids under 10 must be accompanied by an adult)

## Youth Basketball Summer League

All skill and experience levels are welcome in this fun, coed Youth Basketball League! Practices are twice a week and all games will take place on Saturdays. This is an 8-game season. Players are required to attend the skills assessment before the season starts. The skills assessment is scheduled for May 28, 2016. Volunteer coaches are welcome; please contact (619) 667-6833 in advance if you are interested in coaching.

**Date:** Saturdays June 11 – July 30  
**Location:** Spring Valley Gymnasium  
**Fee:** \$60  
**Ages:** 5 – 14 years



## Give the Gift of Recreation

Gift Certificates Available for San Diego County Parks, Campgrounds, Activities and Event Venues



Visit us at  
[sdparks.org](http://sdparks.org)

Available in any amount at  
**County of San Diego  
 Parks and Recreation**  
 5500 Overland Ave.  
 Suite 410  
 San Diego, CA 92123  
 877-565-3600





## Pee Wee Sports Class

Parents, are you looking to introduce your young athletes to sports? Pee Wee Sports Class introduces kids to soccer, basketball and baseball. Participants will play each sport for two weeks. This class focus on improving basic motor skills as well as building confidence and social skills. This class will meet every Thursday for six weeks.

**Date:** June 23 – July 28  
**Time:** Thursdays, 5 – 6 p.m.  
**Location:** Spring Valley Gymnasium  
**Fee:** \$30  
**Ages:** 3.5 – 5 years

## Wang Ho Tae Kwon Do

Tae Kwon Do emphasizes modesty, self control, discipline and respect while teaching self defense and building confidence. Expose your child to the Korean Art of kicking and punching!

**Date:** June 24 – Aug. 12  
**Time:** Fridays, 4 – 5 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$60  
**Ages:** 5 and older

## Tennis Beginner

Our age-appropriate equipment enables children to develop hand-eye coordination and court awareness. They will learn proper grip and stroke mechanics, and how to move with the racquet. Games and prizes will be used to ensure a fun and rewarding experience for all! Register at Spring Valley Community Center.

**Date:** June 25 – Aug. 13  
**Time:** Saturdays, 10 – 11 a.m.  
**Location:** Mt. Miguel High School Tennis Courts  
 8585 Blossom Lane  
 Spring Valley, CA 91977  
**Fee:** \$60  
**Ages:** 6 – 10 years

## Tennis Intermediate

Our age-appropriate equipment enables children to develop hand-eye coordination and court awareness. They will learn proper grip and stroke mechanics, and how to move with the racquet. Games and prizes will be used to ensure a fun and rewarding experience for all! Register at Spring Valley Community Center.

**Date:** June 25 – Aug. 13  
**Time:** Saturdays, 11 a.m. – 12 p.m.  
**Location:** Mt. Miguel High School Tennis Courts  
 8585 Blossom Lane  
 Spring Valley, CA 91977  
**Fee:** \$60  
**Ages:** 11 and older



# REC CLUB

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact Kevin Payton, Recreation Program Coordinator, at (619) 667-6835.

## Surf Days

Surf lessons will be at the beginner level for all riders and will be provided by REC Club staff. The REC Club provides transportation to and from the beach as well as lunch for participants. Participants also learn about the beach environment, natural hazards like rip currents, and how the beach is integrated into the San Diego Watershed. Permission slip must be turned in a week before trip. Participants chosen based on behavior and participation in REC Club program.

**Date:** July 12 & 19  
**Time:** 9 a.m. – 3 p.m.

## Kayaking & Key Log Rolling

Kayak and Key Log Rolling lessons will be at the beginner level for all participants and will be provided by REC Club staff. The REC Club provides transportation to and from the beach as well as lunch. Permission slip must be turned in a week before trip. Participants chosen based on behavior and participation in REC Club program.

**Date:** June 28  
**Time:** 9 a.m. – 3 p.m.

## Hospitality & REC Days

Work as a team to put real events together for the REC Club. Previous events include the Halloween Haunted REC, Valentine's Sweetheart Dance, and The SPOT: Hollywood Nights Open Mic Night. Use computer programs to create budgets, layouts and plan activities. Attendance is very important to the success of these programs!

**Date:** Wednesdays & Fridays, June 1 – Aug. 31

## Journalism

Create a REC Club newsletter and create video interviews for the REC Club News Network! Plan and develop stories for [youtube.com](https://www.youtube.com) based on upcoming events and field trips. Attendance is very important to the success of these programs!

**Date:** Thursdays, June 1 – Aug. 31

## The SPOT Open Mic Night

The SPOT is designed to give youth the opportunity to express themselves in a positive environment. Participants can dance, sing, recite poetry, perform with a band, etc. This event is open to anyone who'd like a venue to perform in - as long as their act is appropriate for all audiences (i.e. no inappropriate language or dance moves). Performers must be 18 or younger, but we encourage parents and family or friends of all ages to attend. Sign up to perform before June 3, 2016!

**Date:** June 17  
**Time:** 6 – 8 p.m.







## Adults

### Zumba with Marisol

Zumba is a Latin inspired, easy-to-follow, calorie burning, feel-it-to-the-core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Feel the music, feel the fitness!

**Date:** June 22 – Aug. 10  
**Time:** Wednesdays, 7:15 – 8 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$36  
**Ages:** 12 and older

### Urban Soul Line Dance

Ladies and Gentlemen, get ready to have fun learning dances and making new friends. Our goal is to teach new moves, and to have adults and seniors dancing at various park concerts and festival venues throughout San Diego! Dress attire: sweat pants, jeans, workout clothing, and comfortable shoes. Bring a refillable water bottle.

**Date:** July 7 – Aug. 25  
**Time:** Thursdays, 1 – 2:30 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$30/month, \$10/class  
**Ages:** 18 and older

### Fitness Boot Camp

Join fitness boot camp at Spring Valley Community Center. This class uses intense drills for weight loss and muscular strength, and is an excellent way to stay healthy and avoid health problems that are caused by being overweight. Full-body exercises will be the major theme of the class to ensure maximum calorie burn. Equipment will include medicine balls, agility ladders, agility parachutes, kettle bells and body weight.

**Date:** June 6 – 27  
**Time:** Monday & Wednesday, 5 – 6 p.m.  
**Location:** Spring Valley Park  
**Fee:** \$35  
**Ages:** 18+

### Art Class

Join the Spring Valley “Van Goghers” for this truly unique and exciting art class. Taught by an experienced and passionate teacher, the class will take attendees on a journey through majestic scenery and art history and make wall-worthy masterpieces to take home. Supplies are included. All levels are welcome.

**Date:** June 6 – July 18  
**Time:** Mondays, 9 – 10:30 a.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$10  
**Ages:** Adults (includes seniors)

### Walking with Weights

Walking with weights is a great way to improve health and fitness. This class is offered for older adults looking to improve their strength and condition. Weights will be provided (2lb and 5lb). Two and 5-pound weights will be provided. Please wear comfortable clothing and bring a refillable water bottle.

**Date:** June 6 – June 27  
**Time:** Wednesdays, 9 – 10 a.m.  
**Location:** Spring Valley Park  
**Fee:** \$5  
**Ages:** Adults (includes seniors)

### Horse Fun for Adults

Get your boots on; let's learn how to ride horses! This is a beginning-level class that will introduce you to the world of horses. Learn all about grooming, saddling and riding. Please wear closed-toed shoes, jeans and a bike helmet. Material fee \$15 (per participant) payable to the instructor. Register at Spring Valley Community Center.

**Date:** Session 1: June 20 - July 11  
 Session 2: July 18 - August 8  
**Time:** Mondays, 12 – 1 p.m.  
**Location:** Hidden Haven Farms  
 18540 West Boundary Truck Trail  
 Jamul, CA 91935  
**Fee:** \$70/session  
**Ages:** 13 and older

# Special Interest

## Karaoke

So you think you've got talent? Be a dancer, singer, mime - it doesn't matter as long as you're sharing your talents with others. The stage is all yours in this special program.

**Date:** Aug. 17  
**Time:** Wednesdays, 3:30 – 4:30 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$5  
**Ages:** 7 and older

## Open Computer Lab

All participants must complete a "SVCC Internet and Computer User Agreement Form" at the front office. Time for open lab is subject to change. NOTE: No instructors will be on site.

**Date:** June 1 – Aug 31  
**Time:** Monday – Friday, 12 – 3 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** Free  
**Ages:** 13 and older



## Keyboarding

If you want to learn touch-typing or improve your existing typing skills, this is the perfect course for you! As you improve your typing speed and accuracy, you'll use the word processor's timed writing feature to continually enhance your skills.

**Date:** June 22 – Aug. 10  
**Time:** Wednesdays, 3:30 – 4:30 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$7/class  
**Ages:** 18 and older

## Dog Obedience Basic Training

This class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed include a choker (training collar), 6-foot and 20-foot leash. Pet owners must provide proof of current rabies and vaccination records for each dog.

**Date:** June 25 – Aug. 13  
**Time:** Saturdays, 9 – 10 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$70  
**Ages:** 12 and older

## Internet

Are you in the dark about how the Internet works? Do you wonder how in the world it is possible to communicate with someone on another continent in the blink of an eye? This straightforward course clearly and plainly lays out the basics of the Internet in a light and interesting way.

**Date:** June 22 – Aug. 8  
**Time:** Wednesdays, 4:30 – 5:30 p.m.  
**Location:** Spring Valley Community Center  
**Fee:** \$7  
**Ages:** 18 and older





# Spring Valley Community Center

WEDDINGS | BIRTHDAYS | QUINCEANERA | ANNIVERSARIES | BANQUETS | BABY SHOWERS | BAPTISMS

The Spring Valley Community Center is a central space for a wide variety of local events, programs, activities and social occasions. From children's birthday parties and senior lunches to reunions, weddings and anniversary celebrations, the Spring Valley Community Center can accommodate up to 488 people between its Main (Ketell) Hall, Olsen Room and Patio Lounge. A commercial kitchen is available for food prep, and tables and chairs can be added to any reservation for a flat fee. It's a lot of space at an incredible price!

<b>KETELL HALL</b>	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 250	4	\$500	\$300	\$50	\$72	\$144	\$922/\$994
Square footage: 3952	5	\$590	\$300	\$50	\$90	\$180	\$1030/\$1120
Minimum 4 hours	6	\$680	\$300	\$50	\$108	\$216	\$1138/\$1246
	7	\$770	\$300	\$50	\$126	\$252	\$1246/\$1372

<b>OLSEN ROOM</b>	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 78	4	\$220	\$100	\$25	\$72	\$144	\$417
Square footage: 1294	5	\$275	\$100	\$25	\$90	\$180	\$490
Minimum 4 hours	6	\$330	\$100	\$25	\$108	\$216	\$563
	7	\$385	\$100	\$25	\$126	\$252	\$636



A podium, projection screen, chairs, round and rectangular tables and ice may also be included. Additional fees may apply.

**Call (619) 479-1832 for information.**



## Spring Valley Gymnasium Rental

**Hours of Operations:** Monday – Friday, 10 a.m. – 6 p.m. Closed Saturday and Sunday

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30 days or more in advance to be considered. A \$250 deposit is required to secure a reservation and the total balance is due 72 hours prior to the event, along with proof of insurance.

**Reservation Information:** (619) 667-6833.

Date	Usage	Price	Available Times
Monday – Friday	Half Gym (1 Court)	\$50/hr.	3:30 – 9 p.m.
Monday – Friday	Full Gym (2 Courts)	\$100/hr.	3:30 – 9 p.m.
Saturday – Sunday	Half Day (2 Courts) (4 – 5.5 hours)	\$400/day	8 a.m. – 10 p.m. (4 hour min.)
Saturday – Sunday	Full Day (2 Courts) (6+ hours)	\$550/day	8 a.m. – 10 p.m. (4 hour min.)
Concession Fee	n/a	\$25/day	n/a

Additional fees apply for set-up, scoreboards and equipment.

## Sweetwater Lane Sports Complex

The 11-acre Sweetwater Lane Sports Complex consists of artificial turf fields which accommodate multiple football and soccer fields. There are four baseball/softball fields with bleacher seating. The fields have lighting for evening leagues. The complex also has a concession stand, exercise stations, a half-mile exercise track, and a children's playground for ages 5–12.

It is required that all organized leagues/teams obtain written authorization from the Department of Parks and Recreation prior to using the ball fields for practice or games. Fields may be reserved between the hours of 8 a.m. and 10 p.m.

**For more information on the field allocation process, please contact the Spring Valley Gymnasium office at 619-667-6833.**

Group Type	Fields	Lights	Concession Stand
B – youth recreational, volunteer based organizations	\$0/hr., per field	\$20/hr., per field	\$400/month
C – youth competitive teams/leagues	\$15/hr., per field	\$20/hr., per field	\$400/month
D – adult sports organizations, camps and clinics for youth or adult	\$25/hr., per field	\$20/hr., per field	\$400/month





# Spring Valley Area Parks

## Bancroft County Park & Rock House

3554 James Circle, Spring Valley, CA 91977

(619) 644-5492

Open sunrise to sunset

Bancroft County Park is a 4.37-acre neighborhood park just off CA-94 in the Spring Valley. On site is a rock house, built in the late 1880s for Hubert Howe Bancroft, a wealthy writer, editor and publisher of history books. The house has been labeled as a County of San Diego Historic Landmark thanks to its sturdy build and colorful history as a school house, a guest house and a fire-safe storage facility.

## Spring Valley County Park

8735 Jamacha Blvd., Spring Valley, CA 91977

(619) 479-1832

Open sunrise to sunset

Located on Jamacha Blvd. just off CA-125, Spring Valley County Park offers visitors a partially shaded exercise walkway, a picnic pavilion, 26 picnic tables, four barbeques, a basketball court, two tot lots and a public restroom.



SPRING VALLEY AREA PARKS

## Eucalyptus County Park

9125 Edgewood Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This 6.45-acre park offers visitors an ADA-accessible learning playground with swing set, horseshoe pits and a shaded picnic pavilion. Public restrooms are also available on site.

## Lamar County Park

3180 Bancroft Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise – sunset

Lamar County Park is an 8.89-acre neighborhood park located in Spring Valley that contains a playground for children ages 2-to-5, a pavilion, restroom, picnic tables, lawn areas, barbecues, and drinking fountains.

## Goodland Acres County Park

8848 Troy St. Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This small, 1.34-acre park with towering palms is located just one mile off CA-94 offers visitors a playground, basketball court, horseshoe pits and public restrooms.



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## SPRING VALLEY COMMUNITY CENTER

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